

ILPTH Program Quick Reference – FALLS AND CDSME

Program	# Participants In-person	# Participants Virtual	Cut-off for New Participants to Join	# of Workshop Sessions	Time
Take Charge Suite of Programs (Health, Diabetes, Pain, CTS)	Max: 18 Min: 10 Max Rural: 18 Min Rural: 6	Max: 12 Min: 8 Max Rural: 12 Min Rural: 6	No new participants may join after Session 2	6 Sessions	Meet one day a week for 2.5 hours with a built-in break
A Matter of Balance	Max: 12 Min: 8 Max Rural: 12 Min Rural: 8	Max: 12 Min: 8 Max Rural: 12 Min Rural: 8	No new participants may join after Session 2	8 sessions for in-person workshops 9 sessions for virtual workshops	Meet either one or two days week for 2 hours with a built-in break
Bingocize	Max: >20 Min: 8 20 or more requires 2 facilitators Max rural: >20 Min rural: 8	Max: >20 Min: 8 20 or more requires 2 facilitators Max rural: >20 Min rural: 8	No new participants may join after Session 2	20 sessions for both in-person and virtual	Meets twice a week for an hour over 10 weeks
Fit and Strong!	Max: 20 Min: 8-10 Max rural: 20 Min rural: 8	Max: 15 Min: 6 Max rural: 15 Min rural: 6	No new participants may join after Session 4	24 sessions for both in-person and virtual	Meets 2 or 3 times weekly for 90 minutes
Tai Chi for Arthritis and Fall Prevention	It is up to the TCA instructor as to the maximum or minimum	It is up to the TCA instructor as to the maximum or minimum	No new participants may join after Session 2	8, 12 or 16 sessions; it is up to the TCA instructor	Meet either one or two days a week for 1 hour